

WESTPORT CENTER FOR SENIOR ACTIVITIES



WESTPORT™

UPCOMING PROGRAMS - September 2023



**The WCSA wishes all of
our friends and their
families a very happy,
healthy and safe Labor
Day!**

**Please note:
The WCSA will be
closed on Monday,
September 4 for the
Labor Day Holiday!**



Pre-registration for all classes, events and activities is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at (203) 341-5099.

Celebrate National Senior Center Month BBQ Tuesday, September 5

September is National Senior Center Month! Chef Luis from Creative Culinary will be grilling hamburgers and serving baked beans, pasta salad, cole slaw and a brownie ice cream sundae for dessert. After lunch, join the WCSA staff for a Trivia Challenge!

Time: 12:00 to 1:00 PM. Suggested donation: \$5.00 to \$7.00.

Pen and Ink Drawing Demo with Murray Kronick Tuesday, September 5

Join artist Murray Kronick for a demonstration of how he creates his pen and ink drawings. For the past decade, Murray and his wife Sylvia, have accepted volunteer assignments in India, Sri Lanka, Java, Cambodia, Africa, Burma and many more countries. On each of these trips, Murray spent his free time drawing impressive landmarks and beautiful scenery in each location. Murray double-majored in art and business and spent his working career in the insurance business.

Time: 1:00 to 2:30 PM.



Poetry Prompts One-Day Workshop

Thursday, September 7

Jack Powers, award-winning poet and former director of the Joel Barlow High School Writing Center, will teach a one-day workshop presenting strategies for generating original poems. No poetry experience is required.

Time: 10:00 AM to 2:30 PM. Cost: \$20.00 (Lunch is not included. You may register for lunch in our café or bring your own!)

Fall Prevention Workshop Presented by Nuvance Health

Thursday, September 7

Representatives from Nuvance Health and the Norwalk Hospital Department of Trauma Service will be here to conduct their comprehensive Fall Prevention and Safety Program. According to the CDC, falls among adults 65 and older caused over 36,000 deaths in 2020, making it the leading cause of injury death for this population. To reduce or prevent these incidences, it is necessary to have information about the factors that contribute to their occurrence and how to modify them. Nuvance Health's focus is to educate the public on potential life risks, and how prevention is key.

Time: 1:00 to 2:00 PM.

Thursday Night Social at the Bigelow Center for Senior Activities:

Pepe's vs. Sally's Pizza

Thursday, September 7

The Bigelow Center for Senior Activities in Fairfield and the Westport Center for Senior Activities are co-sponsoring a tribute to New Haven pizza. The Center will conduct a blind taste test of two of New Haven's famous pizza joints: Sally's and Pepe's. After the taste test, we will show the PBS documentary *Pizza, A Love Story* with Lyle Lovett, Henry Winkler, Rick Nielsen, Dave Portnoy, and the owners of Sally's, Pepe's, and Modern, at the Bigelow Senior Center in Fairfield. (80 min.)

Time: 5:00 to 7:00 PM. Cost: \$5.00 per person. Space is limited to 45 guests.

Fridays with Friends: Tea Party Celebrating the Life and Art of Maria Callas

Friday, September 8

Christopher Murray will be presenting a visual glimpse of his **CALLAS 6-part TV limited series** at the Westport Center for Senior Activities, including a song or two from a surprise guest singer! A graduate and theatre major at Rollins College, Christopher Charles Murray's professional career began in New York where he acted in more than 40 productions in theater, film, and television. Tea and cookies will be served.

Time: 1:30 to 3:00 PM.

Coffee Chat with Detective Erin Shaw

Monday, September 11

Join Westport Police Detective Erin Shaw for a cup of coffee to chat informally about scams, police matters, and I.D. theft and to answer any questions or concerns you may have. The Town of Westport Police Department hired Detective Erin Shaw in January 2008. She was promoted to the rank of Corporal in 2015. She is a Southwest Regional Emergency Response Team member as a Crisis Negotiator and a Certified Traffic Crash Reconstructionist. She has earned several unit citation awards and is involved in numerous community activities, such as the Special Olympics and the Westport Police Youth Collaborative.

Time: 10:30 to 11:30 AM.

Veteran's Morning Coffee Social

Wednesday, September 13

Join your fellow veterans for a cup of coffee and delicious coffee cake. Veterans from the Westport VFW Post 399 will be joining us. All veterans are welcome!

Time: 9:30 to 10:30 AM.

Sing-Along with Holly

Thursday, September 14, and September 28

Join Assistant Director Holly Betts for a sing-along or just listen to songs from pop music to the Great American songbook. This class will meet in Art Room II, so space is limited to 14 participants.

Time: 11:15 AM to 12:00 PM.

Friday Afternoon Movie Series: A Tribute to Paul Newman

Friday, September 15

The WCSA presents the third and final movie in our three-part series tribute to Westport's own Paul Newman! **September 15:** The Verdict (1982).

Time: 1:00 to 3:10 PM.

Friday with Friends Concert: Suzanne Sheridan

Friday, September 22

Join the Friends of the WCSA for a Friday afternoon concert with singer-songwriter, guitarist, and professional portrait photographer, Suzanne Sheridan. Her first jingle as a singer was "*Join the Pepsi People*" for the Pepsi Cola Company, which won the coveted Clio Award. She also sang on many jingles for companies such as Hasbro Toys, Weebles, Hardees and Texaco. In New York City, she played at Gerties Folk City, The Bitter End, and Reno Sweeny's. Suzanne also wrote music for the PBS children's show "THE ELECTRIC COMPANY." Suzanne is a long-time resident of Westport.

Time: 1:30 to 2:30 PM.

Discussion on Probate with Probate Judge Lisa Wexler

Tuesday, September 26

Join Probate Judge Lisa Wexler as she discusses a variety of matters heard in Probate Court. Judge Wexler will also address the Probate Court process in terms of function of the court and jurisdiction. Judge Wexler is a graduate of The Johns Hopkins University and the New York University School of Law. She was elected to become the Westport/Weston Probate Judge in 2013. Judge Wexler is also a professional mediator and currently hosts The Lisa Wexler Show on WICC Radio 600.

Time: 2:30 to 3:30 PM

AARP Smart Driver Course

Friday, Sept. 29

This four-hour course will review trends and safety tips pertinent to older drivers. Completing the AARP Smart Driver Course could save you money on your auto insurance (check with your insurance provider to inquire about discounts).

Time: 9:00 AM to 1:00 PM. Cost: \$20.00 for AARP members and \$25.00 for non-members.

Payment is by check only, made out to AARP.

Optimism Walk for Parkinson's Disease at Sherwood Island State Park Saturday, September 30

Each APDA Optimism Walk is an important and fun-filled fundraising event that offers a short, non-competitive walk offering family-friendly activities, music, vendor tables, and much more! The Fairfield County Connecticut Optimism Walk is part of a nationwide movement to mobilize and inspire people to step up and help put an end to Parkinson's Disease. (Participants can walk as much or as little as they choose.) Together we will help Connecticut families living with Parkinson's Disease.

Time: 10:00 AM - Registration & Pre-Event; Walk begins at 11:00 AM.

To register or donate with WCSA's Team "Stand By Me," please click this link: [APDA CT 2023 Optimism Walk - Westport \(qgiv.com\)](#).

COMING UP!

Y's Men 20th Annual Photo Contest Drop-Off Monday, October 16 through November 6:

The Y's Men Camera Club and the WCSA will be co-sponsoring a photo contest open to Y's men, their spouses, and WCSA participants. Entrants should classify images into one of the following categories: Landscape, Waterscape, Architectural, Human Portrait, Nature, Critter, General, Black & White, and Action/Motion. Photos will be judged, and the award-winning images will be announced at the photo gala on Friday, November 18, from 4:00 to 5:30 PM. Application forms are available on the Y's men's website and at the WCSA. All entries should be dropped at the WCSA during operating hours. For contest rules and application, or if you have further questions, please email Hal Foodman at: hfoodman@gmail.com.

[Camera Club \(ysmenwestportweston.org\)](http://ysmenwestportweston.org)

WCSA Phone Directory

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|---|--------------|
| • <u>Main Number and Afterhours Voicemail</u> | 203-341-5099 |
| • <u>Wendy Petty, Director</u> | 203-341-5098 |
| • <u>Holly Betts, RD, Assistant Director</u> | 203-341-5096 |
| • <u>Jason Wilson, Program Specialist</u> | 203-341-1066 |
| • <u>Paulina Przybysz, Nutrition Program and Hello Neighbor Coordinator</u> | 203-341-5097 |
| • <u>Denise Puskas, Administrative Assistant</u> | 203-341-5095 |
| • <u>Felicia Smith, Administrative Assistant</u> | 203-341-5099 |
| • <u>Jenny Townsend, Staff Support</u> | 203-341-5099 |